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Alberta Centennial 2005

Happy Birthday, Alberta
... Pages 6-9

ELK POINT REVIEW

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Parents' view of FGM education
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Hats off: FGM Class of 2005 graduates

...Up, up and away!

Launching their headgear at Friday's graduation ceremonies were Travis Barthel, Joshua Boyko, Melissa Breen, Shyla Bullock, Rachel Cardinal, Jordan Cousins, Scott Dallaire, Valerie Friesen, Brett Hahn, Brandon Holthe, Aaron Jurak, Jan Kozicky, Lee Letestu, Scott Lindquist, Travis Lindquist, Devin Moneta, Nicholas Myshaniuk, Amy Olstad, Corbin Poitras, Curtis Proskiw, Brodie Schmidt, Tyson Slywka, Brandi Yarmuch, Michelle Zapesocki and Garret Zarowny. Grads not in attendance were Addison Bartholomew, Zachary MacKinnon, Ryan Merkel and Mallory Paquette. VICKI BROOKER PHOTO

By Vicki Brooker
Review Staff

Twenty-five burgundy mortarboards sailed upward to the accompaniment of a faint chorus of "na, na, na, na; na, na, na, na..." as the graduates of F. G. Miller High School closed the door on their high school years Friday evening.

The commencement ceremonies began with a welcome address by Principal Jim Hawkins, followed by the national anthem, led by graduand Valerie Friesen. Hawkins then introduced the teachers, each in the robes of their alma mater and bearing a lighted candle, who would participate in the ceremonies.

Teachers Lily Pentek and Randall Krys introduced each of the graduands as they marched down the centre aisle, carrying unlit candles. As each member of the Class of 2005 neared the stage, a member of the faculty stepped forward to light their candle before the grads took their places on stage.

"Is this not the best-looking grad class ever?" Doug Bassett asked the crowd as he presented the invocation. "There comes a time when you have to decide what you're going to do, now that you're on your own. Now is that time," he told the grads, adding that, "choice, not chance determines your destiny." In closing Bassett offered words of advice from the favorite sports coach of some of these students: "Get 'er done."

(Continued on Page 2)

Historic site rings with music at Forts des Prairies Jamboree

By Vicki Brooker
Review Staff

Fingers flew over banjo strings and bows coaxed sweet music out of vintage fiddles as Fort George and Buckingham House Provincial Historic Site hosted their annual Forts des Prairies Jamboree under brilliant sunshine on Sunday afternoon.

A large and appreciative crowd was on hand, with facility supervisor Marianne Mack well pleased with the turnout. Cold weather and raw winds cut attendance at the 2004 jamboree, and "this is a huge improvement," she said. "There were over 120 spectators through the gate before I left there."

A steady stream of visitors continued to arrive as almost 30 entertainers took their turn on stage, with vocal and instrumental numbers ranging from gospel to boogie woogie, classic country to rousing Red River jigs.

Performers came from Lloydminster, Wainwright, Ashmont and Elizabeth Settlement, and included perennial favorites as well as first-time performers. MC Roy Butz pulled out his harmonica as featured performer on two numbers, and helped with the backup on several others, as did other musicians, including Archie Collins, Rollie Poitras, Walter Anderson, 'Babe" Sharkey and Clarence Smith.

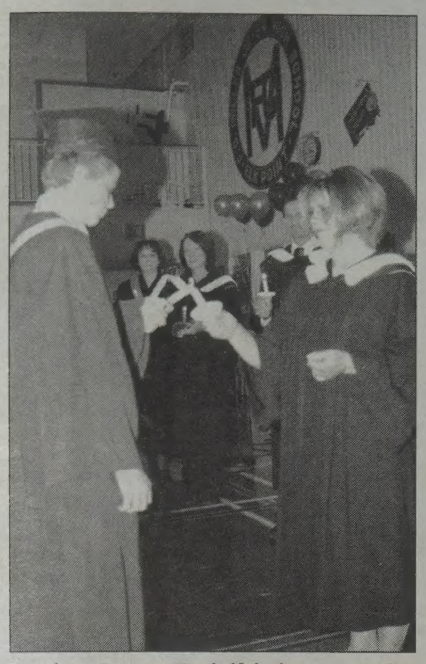
A number of Sunday's performers also were on the program at the huge celebration of culture at Métis Crossing earlier in the weekend, including Homer and Rollie Poitras, who brought along talented dancers Corbin and Theren 'Buster" Poitras. The two agile youths demonstrated the Belt Dance, which evolved from the Scottish sword dance, and the Broom Dance, which has French Canadian origins, as well as the traditional Red River Jig.

Another featured performer was Heinsburg's Roy Scott, who was in fine form as he played his famous mule bones and the spoons, and showed off his jig-dancing doll to the accompaniment of Walter Anderson and Archie Collins.

(Continued on Page 5)

Roy Scott brings out the music in his treasured set of mule bones as they clack in rhythm to the music of Walter Anderson and Archie Collins.

FGM Class of 2005



Teacher Donna Rudolf lights a candle for Jordan Cousins as Cheri Lindquist, Deb Poulin and Dave Shankowski await the arrival of more grads.

Vicki Brooker photo

(Continued from Front Page)

Principal Hawkins, for whom the graduation was his final duty before he leaves F. G. Miller to take up a new position, said the students had done very well. "It only took them six years to leave here. It took me 17."

'As impending adulthood arrives," valedictorian Jan Kozicky told her classmates, "I can't help wondering what we're all going to do now. The decision is a heavy one, and must be made whether or not we're ready for it." Difficult as this may be, she said, each "must find out what you want in life and go for it."

Mayor Parrish Tung brought congratulations on behalf of the Town of Elk Point. "What a great day for a joyous occasion, and what a great looking group of young adults. We are all proud of your achievements today, and we know you will be ready to leave us in search of your goals." Mayor Tung reminded them, "this community will always be your home and safe harbour."

"You have raided my fridge, demolished my furniture and left your big sneakers in my hall," School Council president Donna Slywka told her son's classmates. "You left $392.35 in empty cans and bottles, and you have influenced what my son has become. " While for the past 12 years, each of these young people has looked forward to returning to classrooms and routines, "now, over one summer, you have no such certainty. You have been given all sorts of advice, you may have been wise and actually listened... and as long as [your future is] your choice, it's the right choice for you." In closing, she apologized to the other parents for her son, "who has raided your fridge, demolished your furniture, and left his big sneakers in your hall..."

School Trustee Darrell Younghans began his address with thanks to "the administrator and educator whose departure from this school coincides with yours." He remembered that this dignified man has a quirky side, which allowed him to appear on stage at a Christmas brunch "doing a Tinkerbell dance in long red flannels. It only goes to show what he'd do for his students."

Younghans thanked the class for their commitments to the school and the community, adding, "you also made commitments to yourselves, which resulted in raising the bar for those who follow. Please continue your commitments, and commit to your dreams, commit to being happy."

"Today's the start, tomorrow's another day," Superintendent Doug Yeo told the grads, who are "looking forward to future opportunities in education, jobs and travel." The grads are "now armed with what you have, you have to make decisions as an adult." He urged each to "keep in touch with your special friends - good friends are worth a fortune." All their learning and talents, he said "are nothing without a kind heart and good character. I hope you will be known for your integrity and honesty. Be tolerant of others' faults but not your own."

Barry Martini, who will take over from Hawkins as principal when school opens this week, was the guest speaker, and says he is pleased to become part of the staff. He told the grads that the knowledge they have gained over the years will be the bricks to build the future, while the values they have learned are the mortar. "Consider now how to use your bricks and mortar."

"May your imagination be full of fun, and your dreams take you to the edge of the universe," Martini continued. "People with enthusiasm have the most energy. If you focus on family, others important to you, and work, happiness will find you. You are now in the company of others who have made their dreams a reality."

A special part of this year's ceremonies was a presentation from the Fishing Lake Métis Settlement General Council to two students who came to Elk Point from Fishing Lake, Rachel Cardinal and Travis Barthel. "We are very proud of you," Gerald Cunningham told the two. "You are our future. Work hard; never miss the opportunity to better yourselves. Turn those corners in life with pride. Remember your elders and families and be proud of who you are." Susan Cardinal added her congratulations.

"From the hearts of parents today, we give thanks," Susan Barthel added. "You have given them the foundation and the ability to succeed. Now we offer gifts of passion for life, determination, pride, vision, respect and ambition. Success is measured not in outcome but effort and love."

Younghans, 2004 grad John Braga and grad advisor Cheri Lindquist presented pins, key chains and awards to each grad as they left the stage. Hawkins awaited them at the foot of the stairs, relighting each grad's candle and turning the tassel on each mortarboard to officially signify their graduation.

Hawkins offered the toast to the graduates, with a reply by Shyla Bullock. Travis Lindquist toasted the parents, with a reply by his mother, Cheri. Amy Olstad toasted the teachers, with a reply by Murray Boratynec.

The final official duty for Valerie Friesen and Travis Lindquist was the presentation of the ceremonial Crusader sword to their Class of 2006 counterparts, Amanda Poulin and Darby Brooker.

To conclude the evening, Amber and Darby joined Travis Lindquist and Joshua Boyko in the presentation of personalized (and often entertaining) gifts to each of the graduates, reflecting their interests and goals.

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More information: (780) 826-3171

AlbertaSpirit Broadcast
If you can't join the party in person, tune in at 8pm for a live broadcast on Citytv, ACCESS or Canadian Learning Television. The broadcast includes coverage of the AlbertaSpirit Gala from the Jubilee Auditoria in Edmonton and Calgary. Paul Brandt and Jann Arden headline the star-studded show. The broadcast is also available via webcast at albertacentennial.ca.

albertacentennial.ca

Alberta 2005 Alberta Centennial

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Passing on the Crusader sword

A solemn ritual came at the end of Friday's graduation ceremonies, as Valerie Friesen and Travis Lindquist passed the ceremonial Crusader sword to next year's counterparts, Amanda Poulin and Darby Brooker.

Vicki Brooker photo

Crusader grads receive awards

Information submitted

Awards for the 2004-05 school year were presented to the grads at Friday's ceremonies, in addition to the school pins and key chains received by all students.

Travis Barthel - English 30 merit pin.

Melissa Breen - Elk Point and District Lions Club Scholarship, Rutherford Scholarship, merit pins for Biology 30, Applied Math 30.

Shyla Bullock - Honours, Elmer Bjornstad Scholarship, Ila and Max Borowski Scholarship, Rutherford Scholarship, Joy of Learning Scholarship, Citizenship honourable mention, Applied Math 30 top mark (91%) and merit pin, merit pins in Biology 30, English 30-1, Social 30, Chemistry 30.

Rachel Cardinal - Art 30 top mark (73%).

Jordan Cousins - Social 33 merit pin.

Scott Dallaire - Merit pins for Applied Math 30, Social 33, English 30-2.

Valerie Friesen - Academic Honours, Premier's Citizenship Award, Rutherford Scholarship, Bar None Entrance Leadership Scholar-ship, Max Wyman Memorial Entrance Leadership Scholarship, Gardener Brothers Scholarship in Nutrition and Food Sciences, English 30-1 top mark (87%) and merit pin, French 30 top mark (95%) and merit pin, merit pins for Pure Math 30, Math 31, Social 30, Chemistry 30, Biology 30.

Brett Hahn - Elk Point and District Lions Club Scholarship, Physical Education 30 top mark (100%), French 30 merit pin.

Jan Kozicky - Academic Honours, Governor General Academic Medal, Rutherford Scholarship, SPERD #1 Top Grade 12 award, Dr. Anne Wiegerinck Scholarship, Kudu Industries Scholarship, Apple Drugs Math and Science Award, Biology 30 top mark (96%) and merit pin, Social 30 top mark (94%) and merit pin, Math 31 top mark (92%) and merit pin, Chemistry 30 top mark (95%) and merit pin, Physics 30 top mark (92%) and merit pin, merit pins in English 30-1, French 30, Pure Math 30.

Lee Letestu - Social 33 merit pin.

Scott Lindquist - Academic Honours, Brailsford Memorial Music Award, Rutherford Scholarship, Greater

(Continued on Page 10)

Long association with F. G. Miller comes to an end

Following F. G. Miller's graduation banquet, heartfelt messages came from Métis Nation of Alberta Zone 2 vice president Homer Poitras, his wife Liz and daughter Tracy, a 1984 FGM grad.

"Mr. Hawkins was a 'school dad' to our kids for over 30 years," Liz said, referring to Hawkins' previous position at Kehewin before coming to Elk Point. She noted that discrimination was rampant in years gone by, but was not limited to First Nations and Métis people. "Twenty-two years ago, I realized things were changing, and people were becoming more tolerant, when Homer and I were chosen as Parents of the Year."

Now that all of their children and a grandson who they have raised as their son have graduated, "this is basically a goodbye. We're done," she concluded.

Homer added that as Zone 2 vice president and the minister of finance, culture, heritage and arts for the Métis Nation of Alberta, "I'm really proud of the young people who have graduated." He noted that the Métis Nation is "really short of workers. We need tradespeople real bad." Thinking back to the days when he graduated from F. G. Miller, he recalled, "we won everything but basketball... we had really good teachers."

Today, "when kids graduate from here, they can walk into any university," Homer said, with Liz adding, "we really appreciate Elk Point for their educational standards."

Their daughter Tracy, who earned a B.Sc., a B.Ed. and a Master's degree after her 1984 graduation from FGM is "honored to say I'm from Elk Point. I cried on the stage at Grad '84, and September brought an empty feeling." She told the grads "it's tough out there, in classes of 300, but remember you have a support system back here, and hang in there. I stayed in and finished."

"The coaches can rest easy now," quipped Liz Poitras as she and husband Homer bid farewell to F. G. Miller High School after three generations of association. "We're done now."

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Editorial

Alberta: we've come a long way

Picture what is now the Elk Point area a century ago today, when it was still part of the District of Saskatchewan, and when, except for the odd white trapper or adventurer, the entire population would have been the First People. The first settlers from the USA and eastern Canada would not arrive for another year or two, and the growing Ukrainian settlement bloc has not yet expanded this far east.

If Frederick W. Haultain, Premier of the North-West Territories from 1896 to 1905, had had his way, we might today be part of the Province of Buffalo, stretching from Manitoba to BC. If Thomas McKay, territorial member of parliament for Prince Albert West, had had his choice, we would be part of a short, wide province of that same width, but reaching north from approximately Red Deer to the 57th parallel, sitting on top of a similarly shaped province of Alberta.

As far back as 1891, however, the Calgary Herald proposed that a province called Alberta be established, between the British Columbia border and a line running north and south somewhere between Swift Current and Medicine Hat. The Herald, of course, suggested Calgary as its capital. When Alberta became a province 14 years later, Prime Minister Wilfred Laurier's choice of Edmonton as interim capital was a delightful shock to that city and regarded as "faintly ridiculous" by Calgary.

Capital choice aside, we are proud that the concept that eventually shaped this province first came from one of our pioneer newspapers - a prime example of the power of the press in action.

Way Back When...

Putting, yes, parking,no

Here's the news that made the headlines in the Elk Point Review and the Lakeland Review for the week of August 30 in...

1985

Jim Baylis won the championship flight in the second annual Oilmen's Golf Tournament, with 137 golfers participating. Getting ready for back to school, Elk Point Town Council passed a bylaw prohibiting parking on 51 Street between Elk Point Elementary and F. G. Miller High School during school hours, in an effort to reduce traffic congestion and prevent accidents in the area.

1990

Pat Johnson, Bill Milholland, Ernie Poitras, Curtis Porcina and Mark Woytkiw were named the champions of their respective groups at the Elk Point Golf and Country Club's 1990 Championship Tournament. High point winners at the Elk Point Light Horse Club Show were Roy Scott, Jaylene Purdy and Ruth Purdy; the show also featured a demonstration of combined driving techniques.

1995

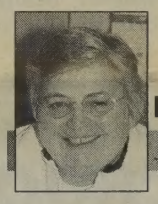
Town Council passed bylaws establishing a Development Authority and a Municipal Planning Commission to deal with increased responsibilities, as the authority to govern the development and subdivision of property was handed over by the provincial government. Bull rider Dion Roscoe, novice horse rider CJ Best and junior barrel racers Erica Nielsen and Pamela Veer were headed for the LRA Showdown '95 Finals in St. Paul.

2000

The Forts des Prairies Jamboree played to a packed house at Fort George and Buckingham House Interpretive Centre, when cold winds forced the event indoors. It was business as usual at E-Can Oilfield Services, after the sale of Elk Point's largest oilfield service company to Mullen Transportation Inc.

Guest Column

Happy Birthday, Alberta



deanna **EASTHOPE**
from the FCSS desk

Can you believe it! We have been celebrating the whole year of 2005 as Alberta's centennial year, but guess what? The official Centennial birthday is Thursday, September 1, 2005. This will be the day of the ultimate in birthday parties. A province-wide explosion of events will occur at this time. Major events are planned for Edmonton, Calgary and eight other locations peppered throughout the province. Events in each city vary, but giant jumbotron screens will create the feeling of a province wide party by sharing live coverage among the venues. Each location's event will involve a fireworks display at 9:55 p.m., and they'll all be choreographed to live music by the Alberta Centennial Jazz Band. Gala shows from the Northern and Southern Alberta Jubilee Auditoria in Edmonton and Calgary will kingpin a real-time broadcast that Albertans can watch on citytv (formerly A Channel). ACCESS or Canadian Learning Television or through a live web broadcast. The 8 to 10 p.m. broadcast will be interspersed with live remotes from the Legislature grounds, Calgary Olympic Plaza and celebrations in other communities.

The most elaborate plans, of course, are for the day's events in Alberta's capital city. The Legislative Grounds are the focal point for family activities that run from 11:30 a.m.; to 1:30 p.m., then start again at 5:30 p.m. and continue to 10:00 p.m. The 11:30 a.m. kick-off celebration includes a reenactment of Alberta's first inauguration ceremony, performances by The Emeralds and the Royal Canadian Artillery Band, a barbecue lunch, free birthday cake and the appearance of such historical characters as Alexander Rutherford and Emily Murphy. Premier Ralph Klein, Governor General Adrienne Clarkson and Lieutenant Governor Norman Kwong will participate in the kick-off ceremony. The Party of the Century event starts at 5:30 p.m. Host Kurt Browning will MC a show that includes the Emeralds, Barrage, Adam Gregory, Bobby Curtola and the award-winning Ukrainian dance troupe, Kupalo. There will be lots of food available - some at a Centennial price of just 100 cents - that reflects the diversity of Alberta's agriculture.

So, there you go, everyone! If you are able to go to Edmonton - go, and if you can't, then be sure to watch it on television. It should be a great centennial birthday party.

You know what? Our small town of Elk Point has also chosen to celebrate right here in Elk Point. We will be doing it on Friday, September 2. Our celebrations will begin at the outdoor stage in Elk Point located a little north and west of the A. G. Ross Arena. At 8:00 p.m., an outdoor stage show will begin, followed at 10:00 p.m. by a fireworks display. Food and refreshments will also be available at a booth operated by the Christian Community Church. You wouldn't want to miss our unique personal Elk Point Alberta Centennial birthday celebrations! See you there!

Say, do you know anything about the historical characters such as Alexander Rutherford and Emily Murphy? Let me tell you about Alexander Cameron Rutherford. He was Alberta's first Premier. Besides all the great things he did, we probably know him best for his strong support of education, particularly the University of Alberta. Now to the next question: do you know anything about Emily Murphy? She was a prominent suffragette and reformer. Probably what we know her best for is her role as the leader of the famous Five's challenge of the 'Persons' Case. (Imagine questioning the word 'persons' in the BNA Act of 1967. Does it include female persons?) You know, today it is easy for us to forget or just plain not be aware of the contributions that some of our Alberta pioneers made to create this great Province of Alberta. Let us become more knowledgeable about everything in our province and let us celebrate its birthday.

Happy Birthday, Alberta!

The Elk Point Review publishes a variety of opinions as a contribution to debate on matters of public concern. Unsigned editorials express the view of this newspaper's editorial board which includes the Publisher and the Editor. Signed pieces express the view of the individual writer.

Elk Point Review

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Music, music, music

Picking and playing under the big top were (left to right) Shirley Stromberg, Clarence Smith, Ed Smuk, 'Babe' Sharkey, Andrew Pearson and Roy Butz.

Jig time!

Red River Jiggers Peggy Fidler Zaraska, Corbin Poitras and Theren Poitras encourage Jeannette Bourget in her first attempt at the traditional dance.

Jamboree

(Continued from Front Page)

Vocalist Connie Axell congratulated Scott and three other 79-year-olds with recent birthdays, and added wishes for singer Allan Hickox and his new wife.

The visitors's door prize was won by Barry Stewart of Lloydminster, while Ed Smuk of Heinsburg won the performers' draw.

The afternoon wound up with a few tall tales. Clarence Smith started off with a favorite anecdote, with Bob Bachelet adding stories on bear safety and baptism.

Broom dancer

Theren Poitras demonstrates the Broom Dance for the Jamboree crowd

Sister act

Irene Collins (right) is accompanied by sister Vi as she sings "An Old Log Cabin For Sale." Vi later sang a special dedication for Irene, who celebrated her birthday on Sunday.

Vicki Brooker photos

Safety Message from Heavy Crude Hauling LP

Heavy Crude Hauling LP is a leading provider of production services to the heavy oil industry in the Lloydminster and Bonnyville districts. We are committed to creating a *Quality Work Environment*, where our people can return home from their work shifts injury and incident free. We maintain a certified Safety Management System (COR) and train our people to the Petroleum Industry IRP 16 Standard. Heavy Crude takes a *disciplined approach to safety* – the welfare of our people will not be compromised.

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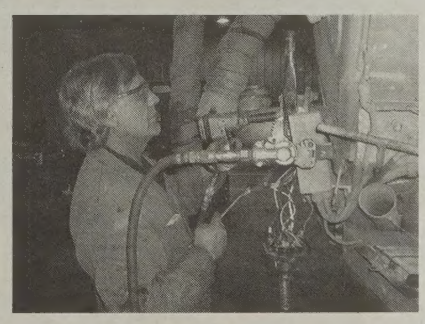
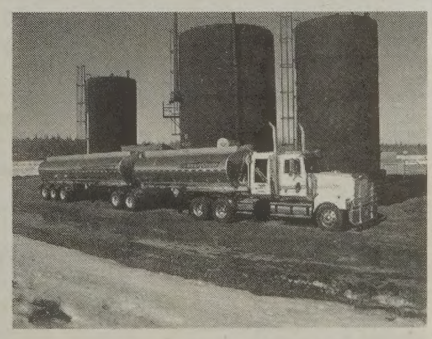
We are sensitive to the needs of the communities that we operate in and respectful of other's property. We strive to conduct our operations in a safe and efficient manner, minimizing our impact on the motoring public and the environment. We want to take this opportunity to remind everyone that the school buses will soon be out with the students back in school, *so please slow down to ensure our children get home safely.*

For more information on our Safety Management System, the services we offer or employment opportunities with Heavy Crude, please contact us at one of our locations.





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Alberta's 50th recorded in archives

From the *St. Paul Journal*, September 8, 1955

)URN

AUL, ALBERTA

Golden Jubilee Celebrations

Celebration in Elk Point for Alberta's Golden Jubilee started at four o'clock on September 1st., with the Elk Point Firemen playing host to the St. Paul Firemen in what turned out to be a smashing victory for Elk Point.

The batteries for the two teams were Peter Yewchin to Barry Keck for Elk Point and Phil Germain (relieved in the 4th inning by Vic Padlesky) to Ray Pulkrabek.

The game was called for darkness, after which both brigades motored to the river where the St. Paul Fire Brigade was entertained at a weiner roast. The day's celebration came to a close with a Beacon Light at nine o'clock.

Recent Births In The Elk Point Hospital

The recent birth in the Elk Point Hospital was a baby boy, born on September 4th., to Mr. and Mrs. Lloyd Poitras.

Daily Temperatures In Elk Point District

Daily high and low temperatures were:

August 29, 72 and 39; August 30, 80 and 41; August 31, 78 and 50; September 1, 83 and 46; September 2, 80 and 44; September 3,

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Canoe pageant, homecoming came off without a hitch

From the Elk Point News Section of the *St. Paul Journal*, July 16, 1980

(Writer unknown)

Except for a sprinkling of rain on Saturday's parade, the Elk Point Canoe Pageant and Homecoming came off without a hitch.

Things got underway Friday night with a street dance and casino. As well, the stores on Main Street brought out their wares for a sidewalk sale. This continued all day Saturday, with a brief flurry to cover the stalls as the rain hit around noon.

This was the time that the parade started also, and it seemed a pitting of the wills as the humans tried to outwait the skies. The mortals won as only a few minutes of rain fell before the heavens cleared and the clouds dissipated.

The parade was any bit as colourful as in the past, and Main Street was shoulder to shoulder people. Several entrants received awards for their participation.

The Junior organization prize went to the Elk Point Ukrainian Dancers with the Wyatt Choristers and the Beavers and Cubs taking second and third, respectively.

The Lakeland Tourist Association float was the best in the Senior organization division. This float travels around the Lakeland participating in various homecomings and celebrations. Elk Point Historical Society and the Elks and Royal Purple were the runners-up in that category.

The best commercial entrant went to M & J Clothing with a highly decorated float of beautiful flowers and females (or was that beautiful females and flowers). M-7 Arabians was next followed by Bochon's Esso Service.

There were several antique automobiles participating in the parade and Trevor Marshall's 1928 Model A was deemed the best, but it was close between his and the two other entrants - Chester Botting's Model T and the Burger Bar's 1954 Chrysler Coupe.

Lorna and Len Lafrance, from St. Paul, received plaudits as the best comic entrant and the individual winners were: 1st Shirley Hendricks; 2nd Grace Meger and 3rd Don Pinder.

Following the parade, the large crowd was treated to a rare visit by a Canadian Forces helicopter.

The large Twin Huey craft buzzed over the street several times at tree top level and entertained those on the ground with steep bank turns and stalls before landing outside the ABC Café.

Pressing in for a better look as the helicopter descended, many of the onlookers lost their hats and other accouterments from the unexpectedly strong wash from the machine's rotors.

When it finally came to a stop, the crew members were besieged by dozens of curious people and the four handled numerous questions and answers patiently for several hours.

The crew included Flight Engineer MacDougall, Corporal Bennet, an airborne nurse, Corporal Grimster and the pilot, Lieutenant Mansi. All were in the attractive jumpsuits of their profession but it was the peach fuzzed face of Lieutenant Mansi that was the biggest surprise. The pilot is a scant 22 years old.

"People are always surprised to see such a young person at the controls but they don't stop to think that I've been training for almost four years in this machine," Mansi explained.

The patient crew recited over and over the answers to the numerous questions.

"Each of the two engines puts out about 900 horsepower."

"The craft can reach an airspeed of 150 nautical miles per hour."

"It can carry up to 15 people but it is primarily used for search and rescue."

And on and on...

But the smiles never left their faces and as they wound the machine up to leave the appreciative crowd gave them a round of applause.

The three-day affair's namesake - the canoe races - came off Saturday morning as the boats left Myrnam bridge at around 9:00 a.m. for the one- to three-hour paddle to Elk Point.

The contestants fit into many categories but the main winners were:

A Event (professional): 1st, Brian Smith of Seba Beach and Paul Maclure of Drayton Valley.

B Event (senior amateur): 1st Walter Scott of Vermilion and D. Hornsbrook of Edmonton.

C Event (mixed): 1st Faye Hallent of Penhold and John Vichek of Penhold.

D Event (junior): 1st Nadine Champagne of Bonnyville and Claire Choquet of Bonnyville.

Other entertainment was provided by Blake Emmons, who performed on the Main Street stage on Saturday afternoon, cultural entertainment and the honouring of the town's 75-year-olds.

The fastball tournament held at Whitney Lake on Sunday provided some good news for Elk Pointers as their team, the Elk Point Knights, won the tournament by beating the Vermilion Expos 14 to 4 in the final game.

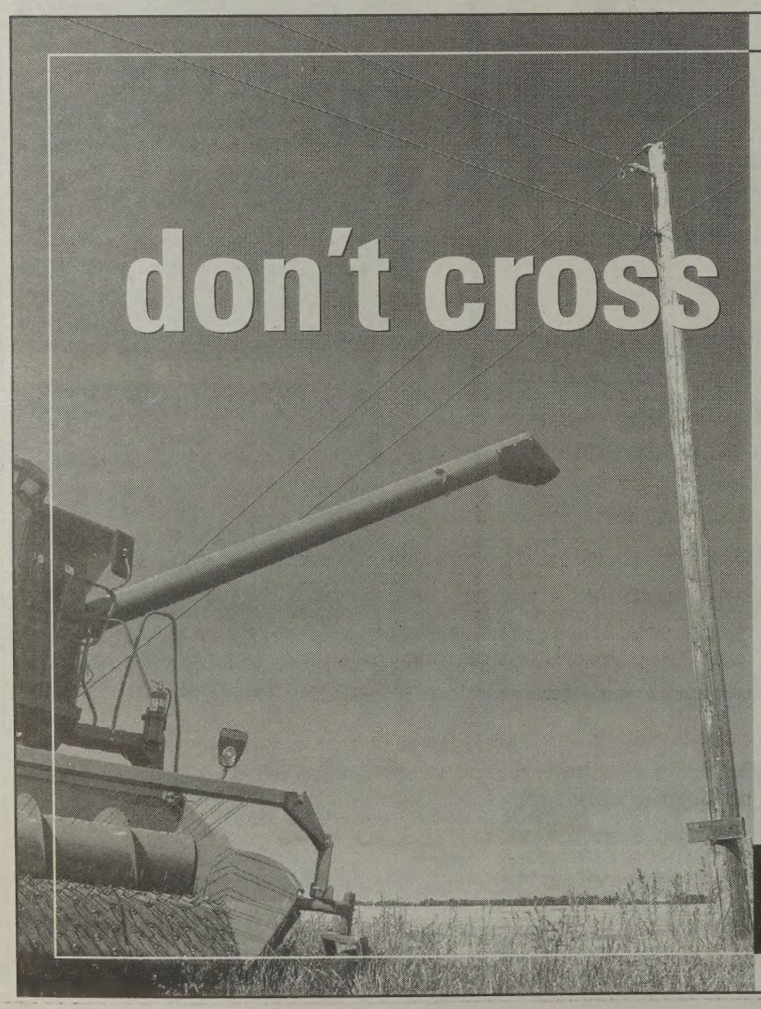
All in all, with a hand from decent weather, Elk Point's annual affair was a large success and may just tide over the folks until next year.

(An accompanying photo had the following caption: "Even three politicians in one place couldn't muster the hot air to blow all the candles out so they had to settle for a slice of the cake celebrating Elk Point's Homecoming in this Anniversary year. MLA Anderson, MP Mazankowski and Mayor Habiak all lend a hand in the effort.")

FOLLOWUP

A few weeks after this story appeared, Irene Magnusson contributed an article listing the names of those receiving plaques, which "contrary to the brief statement in the earlier issue, were awarded to those persons who have lived in the Elk Point area continuously for 70 years or more, which means they had to be residents since 1910."

Receiving these plaques were: Ida Aarbo, Rolf Anderson, Gordon Arnott, Anne Buck, Helen Gusnowski, Grace Franks, Bruce Hannah, Madeline Jenkins, Myrtha Merrick, Nick Myshaniuk, Dora Stuparyk, Frank Zarowny, John Palinka and Ethel Martin.



Growing up with Alberta: memories of days gone by

By Vicki Brooker
Review Staff

In celebration of Alberta's Centennial on Thursday, September 1, we asked members of the Elk Point Historical Society and some of our other readers to share one of their favorite memories from their childhood in a young Alberta. Here's what they told us....

"When it was really cold out, we could hear the steam train whistle coming down the Lindbergh valley, and I would listen for my dad's sleigh bells, signalling that he was coming home from town with maple buds for me."

- Anna (Long) Robertson

"My dad and my uncle had never seen a log in their lives until they came to this country, but they bought a mill and went sawing lumber and made a go ouf it. The most fun was skidding logs out of the bush with horses."

- Roy Scott

"I remeber the summers we spent picking roots and picking big , fat blueberries among the stumps where our dad had cleared land. In the aftenoon , we would go down to the creek and go swimming for awhile. There were always other kids around doing these things with us. In the winter, there were really good toboggan runs and ski hills into the Dog Rump Creek valley."

- Lyn (Magnusson) Young

"There's been so much development since we came here in the 1950s. There weren't that many roads then, and since then they've built so many more roads and so many people have built houses."

- Marvin Bjornstad

"I remember going to see the King and Queen when they came to Canada in 1937. We must have gone in a big truck. We used to go to St. Paul, from our school, in the box of a big truck for concerts and competitions. I also remeber that we got very excited if we saw a car. We'd think it was the police and run and hide. On the farm, we weren't accessible to the things the town kids were."

- Mary (Habiak) Bochon

" We made a lot of our own toys. There was an oil rig drilling on our land and they came to our place for water. The crew would take me, just a little guy, out to the rig and bring me back at the end of the day. When they left, I built my own rig out of wood and hauled it around on my sleigh, and pinched holes all along by the slough where the ground was soft. When I went to work in the oilfield in 1971, I remember thinking, 'I did this as a kid.'"

- Marshall Kachmar

"I remember getting bags of candy when my dad went grocery shopping. The grocer would just put them in with the order."

- Irene Lindquist

"I was in Grade 1 at King George School. Mrs. McMillan was teaching the young ones and Roger McMillan was the principal. The young ones had to take the blackboard brushes out and clean them after school, and while we were doing that, another boy was bugging me. I punched him and knocked his tooth out and Mr. McMillan got after me. I was never so scared in my life."

- Allan Berg

"I lived in the Peace River country, where the history is shorter. My uncle was born in a barn up there, soon after his mother arrived from Scotland . I remeber listening to the old timers talk, and I actually met Spike Drew, who they talk about in the 'Johnny Chinook' book, and Baldy Red, the famous moonshiner."

- Marjorie Scott

"In the Muriel district, the mothers decided we were all becoming heathens, so they got us all together and we'd have Bible classes and lectures, and then a picnic. Mom was trying to teach Charlie Male the Ten Commandments, and she took him down by the spring to tutor him, but he was stubborn and didn't learn them all before she got fed up with the mosquitoes."

-Robert Holliday

"I grew up in the Jasper Place area of Edmonton, and there were no paved roads there then, and board sidewalks. There were big ditches 10 feet or more wide and eight feet deep, that filled up with water when the snow melted in the spring and after a big rain. We used to take our bkies and jump over those ditches, and sometimes we fell in them. Our mothers were afraid we would drown."

- Wayne Hymanyk

"I grew up a quarter mile from the Alberta border, in Saskatchwan. My dad was a blacksmith and machinist, and he was highly upset by getting paid with Social Credit 'funny money' by his Alberta customers."

- John Robertson

School Days

High on the list of memories for many of us are those of our school days. Allan Berg brought in these photos of King George School and its class of 1948. Principal Roger McMillan is shown at far left.

CENTENNIAL PRIZE DRAW

Deposit this draw slip at the Historical Society Table at Elk Point's Alberta Centennial Celebration on Friday, September 2, 2005

for a chance to win Centennial merchandise

courtesy of the Elk Point Review and the Alberta Centennial Initiative.

Name _____

Phone _____

2005 Alberta Centennial

Come & Celebrate

ALBERTA'S CENTENNIAL

Elk Point, Alberta
Friday, September 2, 2005

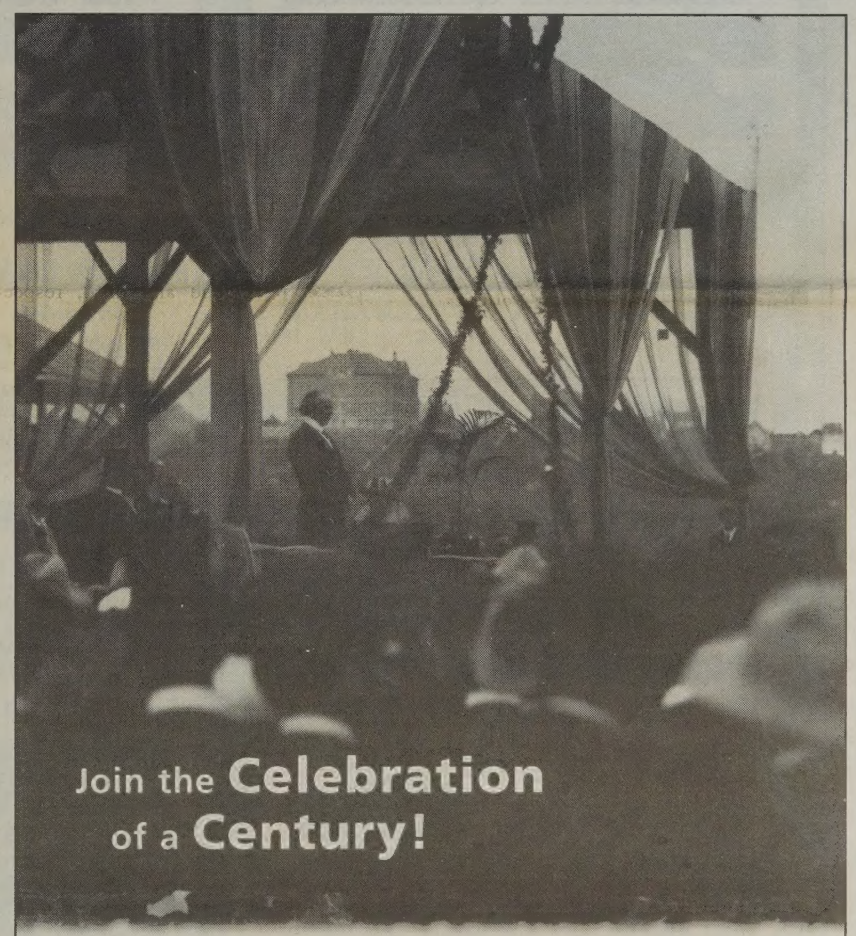
FREE Hamburger & Hotdogs
6:30 p.m. - 8:00 p.m.

FREE Stage Show Northwest of Arena from 8:00 p.m. - 10:00 p.m.

Followed by a Spectacular Fireworks Show at 10:00 p.m.

Coffee and Desserts Available on Site

EVERYONE WELCOME!



Join the **Celebration** of a **Century!**

". . . I see the determination of a young and vigorous people; I see the calm resolution, the courage, the enthusiasm to face all difficulties, to settle all the problems which may confront this new province."

- Address of the Right Honourable Sir Wilfrid Laurier, Prime Minister of Canada, September 1, 1905

Canada **Celebrates** Alberta
1905 – 2005

The vision Sir Wilfred Laurier put forward on Alberta's inauguration day is as fitting in 2005 as it was a century ago. Today, Albertans continue to share their energy and enterprise with the rest of Canada, and continue to transform challenges into opportunities at every turn.

The Government of Canada is proud to join all Canadians in celebrating Alberta's centennial. We are pleased to have been part of the province's past success and are committed to building an even stronger future.

For more centennial information:
www.canada.gc.ca
1 800 O-Canada (1 800 622-6232)
TTY: 1 800 465-7735

Government of Canada / Gouvernement du Canada

Canada

CELEBRATING ALBE

Proud to

From untracked wilderness and virgin prairie
energy industries, manufacturing plants, thrivin
carry on in the footsteps of the pioneers.

From frontier settlements clustered along mu
arduous trails, have come sprawling cities surr
towns and villages. The railroads which brough
ride of their homesteads have been supplemente
and jet planes provide an even faster link to the

From the hardships experienced by the early
ties' and the recent BSE crisis, and the uncerta
hardy individuals determined to keep this provi
ing toward improvement.

We are Albertans. This is our province, and w

CELEBRATING
100 YEARS OF BEING A PROVINCE
and darn proud of it!
STEDMANS V&S
Main Street, Elk Point, Alberta
Phone: 780-724-4305

Two birthday celebrations in one year – how great.
We are 150 and Alberta is 100.
HAPPY BIRTHDAY!
Canada Trust
4830 - 50 Street, Elk Point, Alberta
Ph. 780-724-8085

Don & Sandy take great pride in celebrating Alberta's Centennial.
Happy Birthday Alberta!
TOTEM OILFIELD SERVICES LTD. ELK POINT, AB
OILFIELD MAINTENANCE & CONSTRUCTION
Don Woytkiw Cell: 614-0380 Res: 724-4028

We are proud to be a vibrant community in our beautiful Province of Alberta.
HAPPY 100TH BIRTHDAY ALBERTA!
TOWN OF ELK POINT
Ph. 780-724-3810
Fax 780-724-2762

September 1st is a shared celebration for Alberta becoming a province of Canada, and for Myra celebrating her 3rd year anniversary as owner of ...
THE CUTTING EDGE
Myra & Candace
4906 - 50 St., Elk Point • 724-3991
Happy Anniversary Alberta!

"Weather" or not you know it, Alberta is 100, September 1, 2005 and we are more than proud of it.
CONGRATULATIONS ALBERTA!
Weatherford®
Artificial Lift Systems
5206 - 46th St., Elk Point, AB
Ph. 724-4079 • Fax: 724-4405
BMW™ Products & Services

Happy 100th Anniversary Alberta!
Dwayne & staff are proud to be employed with an Albertan company.
CO-OP Elk Point Co-op
Main Street, Elk Point
Phone: 724-3895

AS A NEW BUSINESS OWNER IN ELK POINT,
I AM WISHING ALBERTA ...
HAPPY BIRTHDAY!
Fort George MOTEL & CAMPSITE
Hwy. 41, 5410 - 48 Street
Elk Point, Alberta
Phone: 780-724-3505
Fax: 780-724-3900
Sang Lee
"Where our customer is our first priority"

We are very proud to be new business owners in Canada's greatest province, Alberta!
Happy Birthday, Alberta!
Shotz
LIQUOR AND BEER STORE
5017 - 50 St., Elk Point • 724-4008
Open Mon. to Sat.
10 a.m. - 10 p.m.
Closed Sunday
CHECK OUT OUR SHOTZ CLUB POINTS THEY'RE HOT!

We live and work in Alberta and are proud to call Alberta home.
Congratulations Alberta on turning 100!
George, family & staff
4904 - 50 Street
Elk Point, AB
Phone: 724-2616 / 724-2622
MAGIC PIZZA Since 1997

Alberta joined confederation on September 1, 1905, making our beautiful province 100 years young.
HAPPY ANNIVERSARY ALBERTA – what a great province!
Your friends from the ...
EMPRESS RESTAURANT
Main Street, Elk Point • 724-3828

Proud to be Albertans!
Celebrate our province becoming 100 years old on September 1.
HAPPY BIRTHDAY ALBERTA!
QUICK-E-MART
Heinsburg • Phone: 943-3097
BOONE'S LIQUOR STORE
Phone: 943-3797

We are Albertans and can't say enough about our wonderful province.
CONGRATULATIONS ALBERTA!
SHAMROCK VALLEY ENT. LTD.
Elk Point, AB T0A 1A0 • Tel. 724-3177 • Fax 724-2280
Email: shamvall@telusplanet.net

WHAT A MILESTONE!
ALBERTA IS TURNING A CENTURY OLD
SEPTEMBER 1ST, 2005.
Congratulations!
Elk Point Insurance & Realty Ltd.
Ph. 724-3926 • Fax 724-2424 • Toll Free 1-888-724-3922
Main Street • www.elkpointinsurance-realty.ca
Your Insurance Broker Understands

CELEBRATE ALBERTA'S BIRTHDAY, SEPTEMBER 1, 2005.
OUR PROVINCE WILL BE 100 – FANTASTIC!!
From the entire staff at ...
RED FOX SAFETY
4929 - 51 Ave., Elk Point
Phone: 724-4515 Fax 724-4516
1-888-330-4583
4718 - 50 Ave., Bonnyville
#18 Time Square Mall
BECAUSE SAFETY IS EVERYONE'S BUSINESS!

RICH IN OIL, PLENTIFUL LAKES, OUR PROVINCE HAS WHAT IT TAKES!
As proud Albertans, we don't have to be told, we are now 100 years old.
RICHLAND OILFIELD SERVICES
Ph: 724-2267 • Fax 724-3032
Elk Point Industrial Park • 5305 - 46 Street

SHOW OFF YOUR "PEARLY WHITE'S" ALBERTANS,
Our province will be 100 years old on September 1st!
Dr. Steven Ma and staff of the ...
ELK POINT DENTAL CENTRE
Phone: 780-724-4086

RTA'S CENTENNIAL

Be Albertan!

as emerged a province rich with agriculture, munities and a hardworking population who

streets and a scattering of forts at the end of d by a network of highways linking modern y of the first settlers to within a day or two's l in some cases, replaced by these highways, of the world.

s, the agricultural disasters of the 'dirty thir- caused by fluctuating oil prices, have come oducing to its capacity and constantly work-

e proud to share its heritage.

What a fantastic province we live in.
Congratulations Alberta on becoming 100 years old.
May the next 100 be as great as the past 100!
Elk Point 724-6500 — Bonnyville 826-4447
Canadian Natural

You are 100 years old September 1/05, Alberta!
WAY TO GO!
We are proud to be Albertans
Fred & staff of the
Elk Point & District Ambulance
Phone: 780-724-4040

PROUD TO BE ALBERTANS!
Celebrate our province becoming 100 years old on September 1.
HAPPY BIRTHDAY ALBERTA!
Roadside PIZZA & GRILL LICENSED 2005
4810 - 50 Avenue, Elk Point • Ph. 724-3550
Dine with us for a "home cooked meal"

We have been a part of Alberta for 25 years now & look forward to growing old with you Alberta.
Happy Anniversary to you!
ATB Financial
4825 - 50 Street, Main Street, Elk Point
Ph. 780-724-3883 Fax 780-724-4461

Happy 100th Alberta & Saskatchewan!
Rocky Pine
Oilfield Services Ltd.
• Vacuum & Pressure Trucks •
5214 - 46th Street, Elk Point, Alberta
Phone: 724-2625

100 YEARS – WOW!
That's quite an achievement Alberta.
We are proud to be in the richest and most beautiful province in Canada!
JORVIK MACHINE TOOL & WELDING INC.
5305 - 47 St., Elk Point, AB • Bus. 724-4020

WE LIVE IN A WONDERFUL PROVINCE!
"Bumper" crops & high oil prices make Alberta a top notch place to live.
We are proud to be Albertans.
Happy 100th birthday.
BUMPER TO BUMPER AUTO PARTS PROFESSIONALS
WILTER AUTO & INDUSTRIAL SUPPLY
5405 - 48 Street, Elk Point
Ph 724-4090
Fax 724-2185

WE ARE PROUD TO BE AN ALBERTAN BASED COMPANY.
Congratulations Alberta on 100 years of confederation.
B&R ECKEL'S TRANSPORT LTD.
Elk Point, Alberta
Phone: 780-724-4067

HAPPY BIRTHDAY ALBERTA!
Hair Ethics
by Roberta
724-4929
5009 - 50th Ave., Elk Point, AB

Proud to be located in this wonderful province of Alberta.
Bountiful in its natural resources.
Congratulations Alberta on 100 years!
Canadian Salt Company Ltd.
Lindbergh Facility
Ph. 724-3745
windsor
PROVIDING SALT SINCE 1948

Management and staff are proud to be Albertans.
Happy Birthday, Alberta!
Your friends at ...
Cal's Home Hardware
Elk Point, AB
Phone: 724-3763
The SOURCE

We are very proud to be business owners in a great province.
CONGRATULATIONS ALBERTA ON 100 YEARS.
Dennis, Amelia & Staff of
RACE TRAC GAS
HILLTOP SERVICE
5405 - 48 Street - Hwy. 41 North
Elk Point, Alberta Ph. 724-4205

Alberta is celebrating 100 years of confederation on Sept. 1, 2005.
Join with us in wishing Alberta our congratulations!
LAKELAND MEAT PROCESSORS
Elk Point - Phone 724-2800

Congratulations Alberta on your Centennial Year!
LRES Lakeland Real Estate Services
Ph: 780-724-3781 Fax: 780-724-4488
5014 - 50 Ave., Elk Point, AB Website: www.mls.ca
Your MLS MULTIPLE LISTING SERVICE office in Elk Point

Alberta will be making a turn of a century on Sept. 1, 2005. May the next 100 years be just as prosperous as the last 100.
Happy Centennial Day Alberta!
GRANNY DAWN'S NEW & USED
Corner of 50th and 50th – Elk Point • Ph. 724-4412

Kudu's headquarters are based in Calgary, AB. Even though Kudu is an international company, 100 years for you Alberta, 15 years for us!
We are proud to be based in this fine province.
KUDU INDUSTRIES INC.
Elk Point 724-2910

Proud to celebrate 100 years, Alberta!
Kuhn's Kollectibles
BUY - SELL - TRADE
ANTIQUES, COLLECTIBLES, NOSTALGIA
Open Monday - Saturday 10 am - 5 pm
5213 - 50 Ave., Elk Point, AB (780) 724-4434
Email: gskuhn@telusplanet.net

New web page for Elk Point Sox

doug **BASSETT**
Review Sports

The NHL is back. This year we will have hockey and it might even be real fun to watch. I never thought I would see the day when the Oilers would sign big name players like Pronger and Peca. The salary cap should help distribute the top talent to the small market teams and make those teams more competitive. And look at the Leafs. The Leafs signing Lindros. Hope he keeps his head up. At least my buddy Domi will be back.

Summer is almost done, the kids are back in school on Thursday and soon we will be turning our sights to hockey, but before we do, check this out. It's never been easier. Check out the Elk Point Sox who now have a web site. For all the year- end stats, team stories and pictures and other information go to geocities.com/elkpointsox/home. We have this web site thanks to a young student friend of mine, Michael Mahon who lived in Elk Point until he was in grade three. He now lives in Calgary, but he spends good part of his summer at Muriel Lake. The team manager has wanted to do a web site for some time but didn't know how and gave Mike this assignment on one rainy day and the building of a web page was created. It's still far from complete, and is constantly being updated, but it is exciting to have it started for the future. This fall Mike will be attend the U of A to take engineering like his father Charlie, who once upon a time worked here for Pan Canadian and now works for EnCana. Thanks a lot, Mike.

Alberta's 100 birthday this week is going to be something special, even in Elk Point. Fireworks chairperson Marshall Kachmar believes in going out with a bang. The fireworks are planned for this Friday night September 2nd north of the Arena. And don't forget the farewell party this coming weekend at the Seniors Centre for Marshall and June Kachmar starting a t 4p.m. on Sunday, September 4th. Everyone is invited to attend. Phone me for the details.

And now for the K.A. Campbell's quote of the week. "If you have to start fining them, it's time to get rid of them." Last week's answer to "The only thing that is certain is they'll play the National Anthem before every game." - Rick Monday.

Do you have any scoops? Now you can email them to sportshound007@hotmail.com

A+ Athletes

Devin Moneta, Travis Lindquist and Jordan Cousins proudly display the banners they brought home from sports competitions this year. The autographed banners will be added to the display in F. G. Miller's gymnasium.

Vicki Brooker photo

"beauty-full" It's up to You!

Stoney Lake Team Penning Jackpot
October 1 & 2, 2005
Stoney Lake Stampede Grounds
10:00 a.m. Start Time
10 Class & 7 Class - Limit 4 entries per class
$500 per class per day added money
Hi Point Saddle to Overall Winner
Hi Point Bronze to Individual Class Winners
$120 per team entry fee.
Entries open Sept. 6/05 Fax 780-657-2002
Dance & Beer Garden to Follow Saturday performance
Free Pancake Breakfast Sunday Morning
$5.00 Gate Charge - Children 10 & Under FREE
Info Call Kevin 724-2789 Walter 724-2830

ELK POINT MINOR HOCKEY
ANNUAL GENERAL MEETING
Tuesday, September 6, 2005
7:00 pm in the Horizon Room at A.G. Ross Arena
PLEASE ATTEND AND PLEASE BE PUNCTUAL!
THIS MEETING IS IMPORTANT!!!

THE CLASSIFIEDS
★ ALWAYS A BEST SELLER ★

Award winners

(Continued from Page 3)

St. Paul ATA Scholarship, Bespalko/Sribney Scholarship, CTS, Citizenship Award Honorable Mention, Music 30 top mark (92%), Merit pins for Biology 30, English 30-1. French 30, Physics 30, Math 31, Pure Math 30, Social 30, Chemistry 30.

Travis Lindquist - Academic Honours, Rutherford Scholarship, Dr. K. C. Miller Best All-Around Student Award, The Great Kid Award, LTS, Wendy's Scholarship, Steve Kuziw Memorial Scholarship, Kudu Industries Scholarship, the John N. Braga Epitomic Student Award, Greater St. Paul ATA Scholarship, Citizenship Award Honourable Mention, Pure Math 30 top mark (93%) and merit pin, Math 31 top mark (92%) and merit pin, Physical Education 30 top mark (100%), merit pins for Biology 30, English 30-1, Physics 30, Social 30, Chemistry 30.

Zachary MacKinnon - Merit Pins for Applied Math 30, Social 33.

Devin Moneta - Merit pins for Biology 30, Physics 30, Chemistry 30.

Nicholas Myshaniuk - C. J. Petroleum Personal Achievement Award, Merit Pins for Math 31, Chemistry 30, Physics 30.

Amy Olstad - Merit Pins for Applied Math 30, English 30-2, Social 33.

Corbin Poitras - Merit Pin - Applied Math 30.

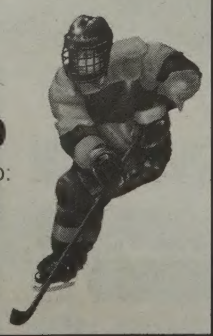
Curtis Proskiw - Honours, Merit Pins for Pure Math 30, Physics 30, Math 31, Social 33, Chemistry 30.

Brodie Schmidt - Social 33 top mark (84%) and Merit Pin, English 30-2 Merit Pin.

Tyson Slywka - English 30-2 Top Mark (81%) and merit pin, Social 33 merit pin.

St. Paul & District Minor Hockey Association
IS TAKING HOCKEY REGISTRATION FOR ALL PLAYERS FROM
AUGUST 23 TO SEPTEMBER 9 / 05 INCLUSIVE AT THE TOWN OF ST. PAUL RECREATION DEPARTMENT
for the upcoming 2005 / 2006 season.
DEADLINE: FRIDAY, SEPT. 9, 2005
Birth certificate copy for 1st year Atom players are required at this time.
$40.00 fee for any player trying out for tiered team.
Post-dated cheques for September 1st and October 1st accepted.

St. Paul Golden Bears
HOCKEY SCHOOL REGISTRATION
For Novice / Atom / PeeWee / Bantam Levels
SEPTEMBER 23, 24 & 25, 2005
Register at the Town Recreation Office
DEADLINE: SEPTEMBER 9
Make cheques payable to:
St. Paul Minor Hockey
Contact: Rob MacDonald 645-5075



Back to regular hours @ the library

By Shyla Bullock
Elk Point Public Library

Summer is coming to a close, and with that, we will be returning to our regular library hours: Monday, Tuesday and Thursday, 1 p.m. to 5 p.m., Wednesday, 1 p.m. to 8 p.m. and Friday, 10 a.m. to 5 p.m.

An upcoming event for the Library, on September 6, at 2 p.m. there will be the first Seniors Tea after the summer break. Come on down and enjoy some refreshments and some good company.

The starting date for our Storytime is still undecided, so it will be announced at a later date.

We are interested in doing a comic book exchange, and are wondering if there is any interest in this endeavour. We are also looking for donations to get us started. If you are interested and have some comic books to assist us with our program, just stop by or call us at 724-3737.

Enjoy the rest of your summer, and we will see you in the fall!

Dancing Feet

Roy Scott's dancing doll keeps time to the fiddle music of Walter Anderson at the Forts des Prairies Jamboree Sunday.

Vicki Brooker photo

Is your child's backpack a health threat?

Aspen Regional Health
Contributors

With so many different styles of backpacks on the market, it's hard for parents and children to choose the right one. As well as selecting the right pack, parents need to ensure their children aren't carrying too much for their body weight and size. Aspen Regional Health has some advice to help parents make the right decision when purchasing a back pack.

Follow the four backpack basics - pick the right pack, put in only what's needed, lift it properly and carry it correctly. Parents should weigh their children's back packs to ensure they aren't too heavy. Parents should also look for the following when purchasing a backpack:

- broad, padded shoulder straps
- a waist strap that keeps the bag firmly on the spine
- a bag that is sturdy, padded, and stiff where it rests against the back
- the bag should be narrower than the width of the child's back
- The top of the bag should be at the child's shoulder height
- the bottom of the bag should rest above or in the hollow of the back.

It is important to pack only what is needed in the backpack and put the heaviest things at the bottom of the bag, making sure weight is evenly distributed. Some of the warning signs that your child's back pack might be too heavy include: complaints of sore shoulders, neck or back; muscle weakness shown by an inability to lift moderately heavy items; tingling in wrists, hands or arms; red marks on a child's shoulders; leaning forward because of the weight; and a noticeable change on posture.

When it comes to lifting a backpack, children should be taught to bend their knees, grab the backpack with both hands, use their leg muscles to lift the bag and put one shoulder strap on first and then the other. Children should carry their packs on both shoulders.

We often see kids carrying their packs on one shoulder, but the bones of children are still growing and constantly using only one shoulder can cause permanent misalignment of the spine. Shoulder straps should be tight but not too snug,. Children should walk straight and not poke their heads forward, and the waist strap should be worn if the pack has one. If children are standing around for any length of time, the backpack should be removed and set down.

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ABCs and 123s for a healthy school year

Information Submitted

Sending the kids back to school — the moment a parent waits for all summer. But doesn't it seem that once the school year begins, kids actually spend more time at home...sick? The fact remains, back to school also means back to runny noses, coughs, fevers and even worse. "Any time you have large groups of people congregating in small rooms, germs are shared," says family physician, Dr. Jennifer Pettigrew. Since children are especially tactile, germs are spread more easily amongst this group than any other.

For those parents who seem to spend the majority of the year doling out cold medication and taking temperatures, following these simple steps will help keep their kids healthy and ready to learn this school year.

Know your ABCs

Attack germs! Encourage hand washing - a lot of it. According to Health Canada, washing your hands often with plenty of soap and warm water is the single most important factor in stopping the spread of illness. That's because most viruses are transmitted through germs that linger on hands after coughing or sneezing, on school desks, doorknobs or counters. "A child sneezes and covers her nose and mouth, then touches a book or toy and now the germs have spread," explains Dr. Pettigrew. The solution? Help your child get into the habit of washing their hands after a cough or sneeze, before eating lunch and of course after going to the bathroom.

"Parents and caregivers taking a proactive role in helping their children stay healthy," says Dr. Pettigrew. "Sending them to school with an instant hand sanitizer, such as Purell, is an excellent solution to keep hands germ-free, especially when soap and water aren't readily available."

Be aware of symptoms. While sometimes it's just easier for parents to send sick children to school, this action has consequences - it's what keeps the vicious cycle of passing germs alive and kicking. Many teachers complain that colds are prevalent in their schools because students come to school when they are sick. "If your child shows any signs of a communicable illness - for instance, an obvious fever or red eyes - the school will almost always send him home," says Dr. Pettigrew. "So you may as well be on early alert for signs." Looking for these symptoms will help make a parent's decision easier: fever, disruptive cough, diarrhea or vomiting and contagious infections (e.g. pinkeye).

Cover the basics. There are two basic rules that parents should follow to help their kids stay healthy. Make sure children eat a good breakfast before school and encourage them to get enough sleep. Inadequate nutrition or sleep can lead to a compromised immune system and a child who's more likely to get sick.

Learn your 123s

One (1) physical a year. Most kids need one good thorough checkup a year to make sure all is healthy and well. According to Dr. Pettigrew, a quality physical should include examination of the head and neck, chest, abdomen and limbs. Weight and height should be checked, plus blood pressure when appropriate. As well, doctors should make sure all vaccinations are up-to-date, and discuss health promoting behaviours like physical activity and healthy eating.

Two (2) backpack straps. Encourage your kids to wear both straps when carrying their backpack. While it may be "fashionable" to carry the backpack on one shoulder, it makes their load harder to bear and focused in one area - increasing their risk of injury. Also, don't let your child carry an overloaded backpack. Strain and stress on the body's ligaments can result from lugging a book bag that's crammed with books, notes and personal items. Parents should make sure their child's bag is lightweight. And while the exact weight limitation varies by child, a good rule of thumb is to limit the weight of your child's backpack to no more than 15 per cent of his or her body weight.

Information (3) feet away. It may sound like common sense, but it's important for kids to remember to avoid bodily fluids from other students. This means if a student has a bloody nose, cut or scrape, or vomits anywhere in the classroom, encourage your child to tell a teacher and not try to help. On the same note, children should be taught not to share hats, combs or other personal items, as one of the biggest problems in classrooms is lice outbreaks. Sharing a hat or hair elastic can easily spread the bugs.

With a little forethought and preparation, your kids have a better chance of having a sickness-free school year. Now if only you could get them to do their homework!

Family physician Dr. Jennifer Pettigrew advises parents to keep the following tips in mind to help children stay healthy throughout the school year.

- Make sure your children have their annual physical before the school year begins.
- Encourage hand washing before eating and numerous times throughout the day. Send them out with an instant hand sanitizer (such as Purell) in case soap and water aren't available.
- Remind your kids to keep their hands way from their face and out of their mouth and eyes.
- Discourage your child from sharing cups, combs or toothbrushes with others. Viruses, bugs, lice and other germs are spread easily this way.
- Help your children develop good eating habits, which include a variety of healthy foods.
- Put your children to bed at a relatively consistent time each night. Plenty of sleep (8-10 hours) is necessary for growing children.

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Online Recycling hitting area schools

By Leah Iverson
Staff Writer

Learning about recycling is now just a click away, thanks to an online beverage container recycling program aimed at teaching students about the advantages of recycling.

The free online program is run by the Alberta Beverage Container Recycling Corporation (ABCRC) and has been successful in the past.

"We did really well last year, we had over 230 schools participate," said Dawne Pettipas, ABCRC Consumer Awareness Manager in Calgary. "We had 1.26 million containers recycled."

Last year's program was aimed only elementary schools, yet after accomplishing good results, the ABCRC decided to open it up to junior and senior high schools across Alberta.

"In elementary schools they have juice boxes and plastic, but in high schools they have aluminum cans," said Pettipas. "We want to teach the younger generation how to recycle."

Once schools register on the program, they are given three bottles and choose a bottle depot close to them where bottles can be sent.

"They put their container count on the online program so they can see other schools and how they are doing in their category," said Pettipas.

Each school is split into sections based on the amount of students enrolled in the school: 0 to 200 students, 201 to 399 and over 400.

The school with the most recycled items in each category wins a $1000 prize, and all schools get to keep the deposit money.

ABCRC received plenty of positive feedback from the participating schools, yet hope to see more join up this year.

The trouble with getting schools to sign up is they already have their own recycling program, and don't know enough about what ABCRC offers.

"I'd have to find out more about it," said Ralph Sorochan, principal at Ashmont Elementary. "We have been recycling containers for the last 10 years here."

St. Paul Elementary principal Marie-Anne Hebert heard about the program and plans to find out more on what it entails.

"We do our own recycling, but I will look at the possibility of having it in our school," said Hebert.

ABCRC hopes by teaching kids to recycle, they will in turn spread the word to others.

"Kids can go home and show the family what they are doing," said Pettipas. "It's bringing containers back but it's also educating people."

Schools interested in joining the program can sign up on the website at www.abcrc.com, after September12.

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COMMUNICATIONS TECHNICIAN required full-time in Drayton Valley. Knowledge of two-way and data radio systems. Basic cellular phone repairs. Benefits and profit sharing. Fax or email resume attention John Cottreau. Fax: 780-542-2904; email: drcjohnc@telusplanet.net; phone: 780-542-5200.

6 EMPLOYMENT OPPORTUNITIES

JOURNEYMAN AUTOMOTIVE Technician or 3rd or 4th year apprentice for growing GM dealership. Good benefits and working conditions. Apply to Rick Olver, Service Manager, Hunter Motors, Athabasca, 780-675-2917 or 1-800-272-5691.

6 EMPLOYMENT OPPORTUNITIES

LOOKING FOR EXPERIENCED hydrovac and vac/steamer combo operators and swampers in Northern Alberta. Operators need Class 3 w/air endorsement. Safety courses an asset. Accommodations available. Fax resume to 780-956-3707.

BOXER VALVE

BOXER PETROLEUM SERVICES INC.

is seeking applications for the following in the Bonnyville area:

- Valve technicians
- Equipment operators
- Journeyman welders
- Welder's helpers
- B pressure welders (rig or by hand)
- Pipefitters
- Apprentices
- Roustabouts
- Labourers

Driver's licence and safety tickets are necessary.
Fax resumes to (780) 826-5902.
No phone calls please.

EMPLOYMENT OPPORTUNITY

Stanchuck Trucking Requires Immediately

LEASED OPERATORS

for Elk Point & Lindbergh areas.

Call 875-7665 STANCHUCK TRUCKING LTD.

CAREER OPPORTUNITY

E-CAN OILFIELD SERVICES

Are you interested in:

Regular Schedule, Full Benefit Package and Profit Share, Working for a Reputable Company in the Oilfield Service Industry

YOU PROVIDE:

*** Long Term Goals**
*** Responsible Attitude * Honesty**
*** Willingness to Succeed**

E-Can Provides:

*** Family Oriented Shift**
*** 8 Days On & 6 Days Off**
*** All Safety Courses * Training**
*** Opportunity for Advancement**

VALID CLASS 1 OR 3 LICENSE A PREREQUISITE FOR OPERATOR POSITIONS

POSITIONS AVAILABLE: ELK POINT / FORT KENT

- **Pressure Operators**
- **Body Job Vacuum Operators**
- **Tri-Axle Vacuum Operators**
- **Lease Operator Fluid Haulers**
- **Journeyman Mechanics**

Fax Resume & Driver's Abstract to (780) 724-2166
Check out our website: www.e-can-oilfield.com
NO TELEPHONE INQUIRIES PLEASE

CLASSIFIED AD RATES

ELK POINT REVIEW Tuesdays - $5.00 per week + GST
ST. PAUL JOURNAL Tuesdays - $6.00 per week + GST
BONNYVILLE NOUVELLE Mondays - $7.75 per week + GST
COLD LAKE SUN Tuesdays - $8.75 per week + GST
COMBINATION OF 3 PAPERS - $14.00 / WEEK
COMBINATION OF 4 PAPERS - $18.00 / WEEK
(20 cents per word per newspaper insert over 20 words)

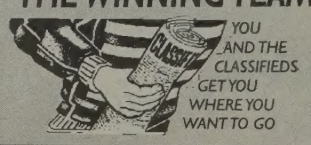
lakeland marketplace COMBINATION CLASSIFIEDS

Your classified ad can be read in over 10,000 papers.
Select your classified readership for as little as $5.00 / week.

***** Bonus: St. Paul Journal Classifieds***
also featured online at www.spjournal.com

Corrections - The publisher will be responsible for only one insertion as a correction. It is the responsibility of the purchaser of the classified ad to check their ad after the first publication and let us know if there is a mistake before the next insertion is printed. ***The publisher will not be responsible for errors in classified ads that have been phoned.***

THE WINNING TEAM



YOU AND THE CLASSIFIEDS GET YOU WHERE YOU WANT TO GO

Place your order at either of our offices:
Elk Point Review - 724-4087
St. Paul Journal - 645-3342
Classified Ad Deadline: Thursday at Noon

6 EMPLOYMENT OPPORTUNITIES

EMERALD LAKE Lodge, Canadian Rocky Mountain Resorts seeking enthusiastic people to join our team. Day servers, housekeepers, front desk agents, bellstaff, night auditors, dishwashers, cooks, groundskeepers. Please fax resume to Administration 250-343-6724. Subsidized meals and accommodation provided.

AUTOMOTIVE TECHNICIAN or apprentice for rural G.M. dealership located 1 1/2 hours northwest of Calgary. Great for outdoor enthusiast. Competitive wages, bonus plan. Call Ron Evans 403-638-3502. Fax 403-638-2810.

WANTED SELF MOTIVATED individuals. 2 contractor, 2 retail sales positions. 50 - 70G annual based on experience. Contact: Charles, Home Building Centre, Yellowknife, 867-669-9945 Ext. 203.

AUTOMOTIVE MECHANIC required immediately. Wages negotiable, in east central Alberta. For more info call 403-578-3613, Coronation Tire or fax resume to 403-578-2718.

CONTINUOUS FULL-TIME opportunities for the right candidates. Experienced plumbers, pipefitters and welders needed for Edmonton location. Fax resume to 780-484-3748. Relocation assistance considered.

SMILEY'S TRANSPORT requires winch tractor and pole truck operators. Valid Class one drivers licence. Only experienced need apply. Competitive wages, benefits. Fax resume to 780-778-3536.

REQUIRED IMMEDIATELY second or third year apprentice. Family oriented shop. Benefits. Wage to commensurate with experience. Cam Clark Ford, Olds. Fax 403-556-3585. Attention: Service Manager.

HELP WANTED in a 200 sow hog barn. Experience an asset, but willing to train. Phone 403-546-4042 or 403-860-6960 or fax resume 403-546-3954.

LICENSED AUTO technicians required immediately. Regular training, excellent pay plan. Chrysler experience preferred. Reply with resume to fax 403-782-3360. Attention: Brent, Heritage Chrysler Lacombe, 1-800-661-5277.

YOUVILLE HOME requires temporary P/T security person, midnight to 7:30 A.M.. Relevant experience in security/housekeeping an asset but we will train. Forward application to: H.R., Youville Home, #9 St. Vital Ave., St. Albert, AB, T8N 1K1 or fax: 780-459-4139. All new employees must provide a criminal records check in accordance with the Protection for Persons in Care Act. We thank all applicants, however, only those selected for interview will be contacted.

CLASS #1 tank truck drivers with off road experience. Catered camp job. Two weeks on and one week off. Full-time. Fax resume with references: 780-523-5833.

FULL-TIME MEAT Cutter. One year Apprentice/Journeyman. Experience an asset. Self motivated. Forward resume: Kevin Garrett c/o Vegreville Co-op, Box 369, Vegreville, Alberta, T9C 1R4.

GET PAID to shop! Join the world's largest Mystery Shopping Company today! Flexible, fun and free to join. Apply now at www.gapbuster.com/xec.

LAKESIDE FARM Industries Ltd. in Brooks, Alberta is currently looking to fill the following full time positions. Cattle Receiving/Hospital Technician - duties to include receiving, processing, shipment and treatment of sick cattle. An AHT certificate would be considered an asset but not essential. Must be willing to work on a rotational shift basis. Pen Checker - duties to include recognizing and pulling sick cattle. An AHT certificate would be considered an asset but not essential. Must be willing to work on a rotational shift basis. All positions offered are permanent, full-time opportunities. Salary is negotiable and will commensurate according to qualifications and experience. Lakeside offers an excellent benefit package including health care, dental coverage and a company sponsored RRSP upon qualification. Please forward your resume via mail or facsimile to: Lakeside Farm Industries Ltd. Attn: Duke Joy, Box 800, Brooks, AB, T1R 1B7, Fax: 403-362-8231. Telephone inquiries will not be accepted.

PTI PREMIUM Camp Services, a remote site camp and catering company, is hiring Field Supervisors, Camp Managers, Chefs and Bakers. Submit resume: recruiting@ptigroup.com. Fax 780-461-3114.

6 EMPLOYMENT OPPORTUNITIES

HERTZ EQUIPMENT Rentals is seeking to fill Rental Desk, Shipper/Receiver and Toolcrib Attendant positions in our Plant Services Division. Previous experience will be an asset. Fax resume to 780-450-6739, Attention: K. Collins. Only those considered will be contacted.

SALES REPRESENTATIVE required full-time. Established Marketing Company seeks a Sales Professional for the Edmonton area. We offer an attractive base salary plus commission and car allowance. Send your resume to the Alberta Real Estate Guide. Fax: 403-342-2280, email asgroup@telus.net.

2ND YEAR, 3RD YEAR, Journeyman Welders required for oilfield fabrication shop, Nisku, Alberta. Journeyman shop rate $25./hour. Fax 780-955-0282. Phone 780-955-0280. Ask for Jeremy Gorling.

LOG TRUCK DRIVERS and logging equipment operators required. Seasonal camp job September through March. North Central Alberta location. Experience preferred. Mail resume to: James Mason, Box 1378, Mayerthorpe, AB, T0E 1N0.

ATTENTION: Agricultural Parts and Service Technicians. Did you know the John Deere Industrial Equipment dealers pay up to 30% more in hourly wages? Why not join the Brandt Tractor team at one of our 5 locations in Alberta or 21 locations across Western Canada. Brandt has been recognized as one of Canada's top 50 Managed Companies for the past 3 years. If you want a great career with a rapidly growing and dynamic company, send your resume to: Brandt Tractor Ltd. Attention: Greg Davidson, 10630-176 St., Edmonton, AB, T5S 1M2. Fax 780-489-6891; cborn@brandttractor.com.

SRE SERVICE RIG and Equipment Ltd. is now hiring Welders, Heavy Duty Technicians, Millwrights, Engineers and Draftsmen. Call 780-955-0280. Fax 780-955-0282 or visit 706 - 19 Ave., Nisku, Alberta. Ask for Dave or Mel.

PEN RIDERS WANTED for large well maintained feedlot. Cattle experience/handling and own horse required. Feedlot experience an asset. Benefits include horse feed, monthly horse pay, disability insurance and health coverage. Competitive pay with good working conditions. Contact Cor Van Raay Farms 403-738-4528 or fax resume 403-738-4435.

FEED TRUCK DRIVERS wanted for large feedlot with well maintained equipment. Duties will include feeding cattle with feedmill and feed equipment maintenance. Benefits include disability insurance and health coverage. Competitive wages with long term employment. Contact Cor Van Raay Farms, 403-738-4528 or fax resume 403-738-4435.

WANTED: Working journalists in the Lloydminster, Fort McMurray, Grande Prairie, and northeastern British Columbia areas to work as editorial stringers for JuneWarren Publishing Ltd., Canada's largest oil and gas publisher. Please contact: Darrell Stonehouse at 403-265-3700 or email: dstonehouse@junewarren.com.

CONTRACT INSTRUCTORS. Horse Racing Alberta. Certified exercise rider and jockey school. Anticipated term: late November 2005 to end of February 2006. Please forward a resume quoting competition #05085C by September 15, 2005. For further information, visit our website at www.oldscollege.ca/employop. Applications may be sent by email to: employop@oldscollege.ca or in writing to: Human Resources, Olds College, 4500 - 50 St., Olds, AB, T4H 1R6. Fax 403-556-4794.

NOW HIRING. Could you use an extra $100. - $200. a week? Do you have friends who like to shop? Join Canada's premier home party company for our busiest season and qualify for a free product kit. Visit www.homeandgiftcollection.com or call 1-866-378-4331 (toll free) to request information.

REPORTER/PHOTOGRAPHER wanted. Journalism diploma / degree. Strong writing and photography skills. Vehicle required. Competitive compensation package. Fax resume to Taber Times 403-224-1408 or email: gsimmons@my403.com.

HOME BUILDING CENTRE, Vernon, is seeking a qualified, ticketed fireplace/furnace installer. Successful candidate will be a team player who is highly focused on customer service. We offer a competitive salary and good benefit plan. Please email bob.anderson@hbcvernon.ca or phone 250-545-5384.

6 EMPLOYMENT OPPORTUNITIES

FREE 128 page "Career Opportunities" Guide. Earn more! Get promoted! Train at home for a pay raise - new career - top paying job. Call Granton Institute at 1-800-361-1971 for free guide; www.grantoninstitute.com.

MECHANIC, truck and trailer for highway fleet. S.E. Calgary sales experienced in LTL/TL. Team drivers, Calgary or Edmonton. J & R Hall. Fax resume 519-632-8250. Email: ldaguilar@jrhall.ca.

DRILLING RIG PERSONNEL (Foothills experience) Nabors Canada has immediate openings on our fleet of Foothills Rigs (3500 meter plus) including our newly launched Rig #43 and #58, both state of the art Programmable AC Units. If you have deep hole experience and are interested in leading edge technology, fax us your resume at 780-955-5227 or give us a call at 780-955-5231. For other drilling, service, or trades opportunities, call our recruiting line at 1-877-RIG-HAND.

COMMERCIAL MASON, Abbotsford, BC, seeks journeymen masons. Work in Greater Vancouver and Southern Interior. Reinforced masonry experience a must. To begin immediately. Relocation allowance. Call 604-853-4263 or fax 604-853-8955.

FRESON IGA is looking for meat cutters. Up to $20./hour, a comprehensive benefit package and opportunities across Alberta. Fax resume to 780-624-1349 or email: lbrecht@freson.com.

P&D LOGISTICS requires Class I drivers for USA runs pulling reefers/vans. Minimum 2 years experience. Fax resume/abstract 403-934-9219. Call 1-800-461-8701. Strathmore based.

EXPERIENCED CAT and hoe operators required by Roszko Construction for oilfield work in west central Alberta area. Competitive salary and benefit package. Minimum 3 years experience. Fax resume to 780-778-2444.

PEYRE CHRYSLER is seeking second, third and fourth years apprentices. We are looking for motivated self starters to learn their trade in new high tech. Chrysler facility. We offer an excellent remuneration and benefit package in a team oriented, quick paced and supported straight time environment. We are located in a sports enthusiast's paradise. All replies in confidence to the Service Manager, 780-523-5007 or fax 780-523-2556.

J.D. BARBER Equipment Ltd. has immediate positions for licensed heavy duty mechanics or apprentice mechanics. Wages $25. - $30./hour. Full benefit package. Fax resume to Jerry 780-842-3665.

MANUFACTURING BUSINESS has an opening for a mechanically inclined, self-motivated and personable individual. Fax resume to: FalCan Industries Ltd., Fort Macleod, Alberta, 403-553-2527.

PHOENIX FENCE, an Alberta manufacturer, distributor and installer of chain link fence, has immediate full-time career opportunities available in our Edmonton operation for the following positions: Chain Link Fence Installers; Shipping & Receiving Personnel; Shop Manufacturing Personnel. Phoenix Fence provides extensive job and safety training with moving allowances negotiable for out of town applicants. We offer stable long-term employment, very competitive wages, benefits and career advancement opportunities. Fax resume 780-447-2512. Email: phoenix@phoenixfence.ca. Application forms can be faxed to applicants by calling 1-800-661-9847.

SALESPERSON REQUIRED, Drumheller, Alberta. Must have previous sales experience. Base plus commission. Excellent established client base. Fax resume: 403-823-6813. Email: info@valleytimes.ca.

REPORTER REQUIRED. Reporting, photography, pagination, Quark Xpress experience an asset. Scheduled hours, alternating weekends. Fax resume 403-823-6813. Email: info@valleytimes.ca.

CLASS 1 DRIVER needed for livestock hauling business based out of Westlock, Alberta. Cattle experience an asset. Please fax a resume to 780-349-5414 or call Rob at 780-349-1755.

JOURNEYMAN WEB press operator. Minimum 5 years experience on Goss Community, heat set experience an asset. Full-time shifts. Benefits. Fax 780-986-6397. Attention: Robin. Email: press@webcoleduc.com.

TED CLASSIFIEDS — SELLING'S NEXT DOLLAR

6 EMPLOYMENT OPPORTUNITIES

GET PAID to shop! Join the world's largest Mystery Shopping company today! Flexible, fun and free to join. Apply now at: www.gapbuster.com/xec.

7 ENTERTAINMENT & EVENTS

THE BODY, SOUL & Spirit Expo, Canada's largest holistic lifestyle event. Calgary Stampede Park, Sept. 23 - 25. For more info: www.bodysoulspiritexpo.com or call 1-877-560-6830. Great exhibitor opportunities.

8 FEED & SEED

SMALL SQUARE ALFALFA BROME - Hay bales for sale. Can deliver. Phone 780-645-5419. Aug30

HAY FOR SALE - Baled by John Deere 535 baler. Also taking orders for wheat straw bales now. 645-4374. Aug30

ROUND HAY BALES for sale. Cheap. Free delivery. Self-unloading. No Sunday calls please. Call 1-403-843-6380.

SPRING THRASHED Canola wanted...buying green and heated canola...also buying feed oats, barley and wheat of all types. On-farm pick up. Westcan Feed & Grain, 1-877-250-5252.

FOR SALE round alfalfa and grass mix hay, greenfeed, and straw. Also buying hay, round bales. Cattrac loader for sale. We deliver. 780-349-5067.

OATS
WANTED
ON FARM PICKUP
Immediate Payment.
Toll Free 1-866-349-2056

9 FOR RENT

TWO BEDROOM HOUSE - 20 minutes south of Elk Point. Available September 1. Phone (780) 853-5191. Aug30

10 FOR SALE

EVERYONE'S APPROVED*! Get a loaded MDG computer with an Intel P4 3Ghz starting from 99 cents/day. Includes everything you need: 512MB RAM, free printer/scanner/copier, 17" thin LCD monitor, Windows XP (*Call for details/conditions) toll free 1-800-236-2504.

WHOLESALE ENGINE PARTS. Cummins overhaul kits from $1046. Cat 3406B from $2195. Best quality at factory direct prices. Detroit and all makes. Exchange Engines. DSG 1-800-667-6879.

GM 6.5 ENGINES. Brand new Hummer style blocks. Extra strength, high nickel. Guaranteed no more cracks, premature failures. Only $8550. Drop in $10,850. DSG 1-800-667-6879.

ROLLING STONES TICKETS. October 28 in Calgary. From $599. each including hotel accommodation. Tickets are extremely limited. Go online to www.dashtours.com or call Dash Tours at 1-800-265-0000.

GREY CUP TRAIN to Vancouver, November 24 - 28. Train or air fare, stretch limousines, all-suite hotels and sideline tickets included. Go online to www.dashtours.com or call Dash Tours at 1-800-265-0000. Official Tour Operator for the 2005 Grey Cup Game.

FLOORING WHOLESALER needs cash flow. Laminate $.49/sq. ft.; 12 ml laminate $1.99/sq. ft.; laminate tile from $.99/sq. ft.; 3 1/4" oak, maple or bamboo pre-fin $3.99/sq. ft.; 3 1/4" Japanese cherry pre-fin $4.75/sq. ft. Tons more! 1-800-631-3342.

THE CONTAINER GUY. 20, 40 and 48' containers. Weather, bug and rodent proof for storage. Will deliver anywhere. Excellent condition. Information, phone 780-307-4656.

GREATEST COMPUTER Liquidation ever! Everyone approved! Complete P4 packages $12.25/week "Rent To Own!" Ideal for education, business, entertainment. All qualified applications accepted, your approved! 1-866-858-0660.

PILLOW TOP MATTRESS. $249. New in plastic queen/king, thick pillow top, edge guards, highest quality, warranty, etc. Save 50% off retail. 403-259-4463/ 780-695-7253 (Red Deer 403-307-1826). Can deliver.

STEEL BUILDINGS selling for balance owed with Canada stamped drawings. Call now only 3 left (866)77-UNION (86466) for size and price, ask for Andy.

10 FOR SALE

SPRUCE TREES 2 - 6 feet starting at $9. Ask about province-wide delivery. Guarantee and senior's discount. Planting services available. Never undersold. Discount Tree Sales (1991). 403-556-4450.

POOL TABLE 4 X 8 1" slate, new, ($500. accessory package included). Retail $4,295. sacrifice $1,795. Hot tub, new $7,995. sell $3,995. Can deliver. 403-259-4463. 780-695-7253. (Red Deer 403-307-1826).

SLEIGHBED SUITE, stunning Cherrywood/walnut stain. Highest dovetail quality. Bed, nitestands, dresser, mirror and highboy. Never used. Cost $12,000. Sell $3,500. Can deliver. 403-259-4463. 780-695-7253. (Red Deer 403-307-1826).

13-PIECE Dining room Suite. Gorgeous Cherrywood/walnut stain. Highest dovetail quality. Double pedestal table, 8 chairs, buffet/hutch. New $15,000. Sell $4,000. Can deliver. 403-259-4463. 780-695-7253. (Red Deer 403-307-1826).

NEED WATER WELL but short of cash? 10 year time plan. Astonishing patented plastic well design. Check $5,000. government grant; information on existing wells provided; prices. Big Iron Drilling, 1-800-BIG IRON.

AT LAST! An iron filter that works. IronEater! Fully patented Canada/U.S.A. Removes iron, hardness, sulfur, smell, manganese from well water. Since 1957. Phone 1-800-BIGIRON; www.bigirondrilling.com.

SPA/HOT TUB COVERS. Manufacturer selling direct to public. $335. delivered to your door. Call 1-866-343-0014.

GREENHOUSE FOR SALE $120,000. 14,000 sq. ft. on 4 acres in Two Hills, Alberta. Established turn-key operation. Room for expansion. 780-645-5494 or 780-645-2895.

FREE HEAT! Safe, reliable, clean, guaranteed! Inov8 patented waste oil furnaces, boilers. C-UL. Designed for Canadian winters. Leasing available. Call Inov8-Ontario 705-448-9564; inov8@sympatico.ca.

BACK TO SCHOOL Clearance. Big brand names at huge savings. Laptops and desktops less than $1./day. Easy telephone approval. Call 1-866-624-1305.

1566 SQ. FT. Modular Home $117,750. Free setup/delivery in Alberta. Primed and painted drywall throughout. Open floor plan, many options. 1-800-463-0084 Jandel Homes; www.jandelhomes.com.

INCREDIBLE SAVINGS on select new homes. Only a few left. Move in for fall 2005. Best value only from Ridgewood Homes. Edmonton 1-866-960-2112.

SAVE $10,000. New 1248 square foot, ready to move house. Three bedrooms, fridge, stove and dishwasher, basement ready. Cross Country Homes, 1-800-470-5444.

PIGEON LAKE 1000 square foot home on fully serviced treed lot in quiet subdivision close to lake. Just $149,900. Plus Modular Homes, 780-387-2223.

AFFORDABLE PREOWNED mobile homes for sale. Prices starting at $2900. F.O.B. Financing available OAC. Call Garry Miller at Economy Homes and Cottages 403-620-8454 or 1-800-689-6953.

13 LIVESTOCK

FOR SALE - 2005 WW 6x16 stock trailer, $5,900. Phone 780-645-6929 or 645-2398. Sept6

8 BRED POLLED HEREFORD HEIFERS - Females. Phone 726-3751, Lakes Ranch. xxx

FIFTY 5 to 7 year old cows - Braunvieh - Angus - Shorthorn cross, bred Limousin. Selling in October 2005. Call Don Good 403-972-3896, Acadia Valley, Alberta.

14 LOST

STOLEN - Wheatheart High and heavy hitter pounder w/hugger, 9 hp Honda Scout thermoarc welder, two pallets Canadian barbed wire, 26 ft. gooseneck flatdeck. Contact Dave Shields, 780-372-3729.

15 MACHINERY

FOR SALE - TR85 New Holland combine, Melroe pickup, shedded, $13,000 obo; 4400 Versatile swather 18' c/w pickup reels, $5,500 obo; 400 Versatile swather 15' c/w pickup reels, $1,500 obo; Lode King A-Train grain trailers, nice, $16,500 obo; 50'x10" grain auger, $30,000 obo. Phone 780-603-1163. Aug30

RING UP PROFITS WITH THE CLASSIFIEDS

15 MACHINERY

SWATHERS - 1977 Versatile 400, 18', cab, crimper, $4,500 obo; 1976 MF 655, 18', $2,000 obo; both good shape, field ready with hydrostatic, batt reels. Phone 724-4207. Aug30

16 MISCELLANEOUS

OAK DINING ROOM SUITE - 4 chairs, 18 inch leaf. $499.00. From our home to yours ... M&A Furnishings. Your answer to quality furniture at your prices. Call 780-826-1039. xxx

FROM OUR HOME TO YOURS - Let us help you find what you want. Heirloom quality bedroom, dining room and living room suites available at your price. Call M&A Furnishings 780-826-1039. xxx

BRAND NEW - Full leather sofa and loveseat. $1,495.00. Three colors for your selection. Get the set you want, for the price you want. Call M&A Furnishings 780-826-1039. xxx

FROM OUR HOME TO YOURS - Brand new queen size mattress and box spring. Double pillow top, still in plastic, $350.00. Call M&A Furnishings 780-826-1039. xxx

FLOORING WHOLESALER needs cash flow. Laminate $.49/sq. ft.; 12 ml laminate $1.99/sq. ft.; laminate tile from $.99/sq. ft.; 3 1/4" oak, maple or bamboo pre-fin $3.99/sq. ft.; 3 1/4" Japanese cherry pre-fin $4.75/sq. ft. Tons more! 1-800-631-3342.

METAL SIDING/ROOFING: Best prices in Alberta! 32" V-Rib/36" Tough-Rib 29ga. Galvalume $.65 sq. ft. White, coffee brown, tan, charcoal, stone grey, red, taupe, dark green $.85 sq. ft. Other colours available. Alta-Wide Builders Supplies 780-887-0355.

17 NOTICES/LEGAL

ATTENTION: Former Hinton Hornet players, coaches, umpires, scorekeepers, bat boys/girls. Fastball Reunion, September 17, 2005, Hinton Legion Hall. For information Lynda Jonson 780-865-2360; Laverne Bjorkquist 780-865-3467.

Notice to JOHN SELWOOD

Regarding the Motor Home parked at Fort George Motel since July 2001:

If this motor home is not moved or if you do not contact Fort George Motel at 724-3505 by September 15, 2005, it will be considered abandoned and will be sold to cover the site rental changes.

SOO GOO

18 PERSONAL

CRIMINAL RECORD? Get yours cleared. For travel to U.S.A., career advancement and your peace of mind. Free assessments. Call Jennifer at the National Pardon Centre 514-842-2411; www.nationalpardon.org.

LIFEMATES THE relationship people. Single? Meet your mate, guaranteed! Call Canada's largest and leading relationship company today at: 1-888-54 MATES (62837) or visit us at www.lifematescanada.com.

BELIEVE! Exceptional Psychics!! Love? Money? Life? 1-900-677-5872 or 1-877-478-4410 V/MC/Amex; www.mysticalconnections.ca. $2.99/minute. 24/7. 18+.

20 REAL ESTATE

WHISPER RIDGE - phase 2 now selling. Final 18 homesites available. 13 Okanagan-Thompson CHBA gold and silver awards for this project. Beautifully treed and valley views, 1 - 3 acre homesites. All services underground. Paved roads. 160 acre private park (The Ranchlands), 8 miles to Vernon and 40 minutes to Silver Star Mountain. Homesites from $115,000. - $160,400.; www.whisperridge.com, 250-545-5472; 1-800-493-6133.

DIRECT FROM OWNER 3 partially treed parcels of 30 - 40 acres, only 20 minutes S.E. of Edmonton and 1/2 mile from Northern Bear Golf Course. 5 kms east from Hwy. 21 on TWP Road 510. From $162,000. - $188,000. 780-941-3755.

21 RECREATIONAL

1977, 18' LAYTON TANDEM AXLE TRAVEL TRAILER - Very nice shape, sleeps 6, fridge, stove, furnace, $2,500 obo. Phone 724-4207. Aug30

CASH REWARD! For your 1997 or newer RV. Any and all RV types. Call Majestic RV World - Calgary at 403-291-1203 or 1-877-414-2458.

TOP DOLLAR paid! For good clean used RV's 1997 or newer. Motorized or towables. Call Woody's RV World - Calgary West at 403-240-1212 or 1-800-531-4695.

WE PAY CASH! For late model RV's 1997 or newer. Motorized or towables. Call Woody's RV World - Edmonton at 780-455-3380 or 1-800-798-3380.

22 SERVICES

NEVER STOP TRANSPORT - For all your livestock hauling needs, 37' triple axle ground load trailer. Phone 724-4207, Cell 614-9927. Aug30

GET BACK on track! Bad credit? Bills? Unemployed? Need money? We lend! If you own your home - you qualify. www.pioneerwest.com. BBB member. 1-888-822-0288.

CRIMINAL RECORD? Canadian pardon seals record. U.S. waiver permits legal American entry. Why risk employment, licensing, travel, arrest, deportation, property confiscation? Canadian - U.S. Immigration specialists. 1-800-347-2540.

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24 TRAVEL

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Presenting FGM's Class of 2005

The 2005 graduates of F. G. Miller High School pause with lighted candles to accept a warm round of applause from proud families and friends as they begin their graduation ceremonies last Friday.

A candle to light the way

Principal Jim Hawkins lights a candle for Tyson Slywka as he leaves the stage at the conclusion of the ceremonies, while Brandi Yarmuch looks on.

Valedictory address

Jan Kozicky looked ahead to "impending adulthood" in her valedictory address to the Class of 2005 and their families and friends.

A turn of the tassel

Principal Hawkins turns the tassel on Travis Lindquist's mortarboard to officially signify his graduation from F. G. Miller High School.

New principal addresses departing students

F. G. Miller's new principal, Barry Martini, was the guest speaker for Grad 2005, and welcomed the grads to "the company of others who have made their dreams a reality."

Vicki Brooker photos

Fishing Lake graduates honored

Fishing Lake graduates Travis Barthel and Rachel Cardinal were presented with traditional Métis sashes and good advice by Gerald Cunningham, Susan Barthel and Susan Cardinal on behalf of Fishing Lake Settlement and the Métis General Council.